ABSTRACT OF THE DISCLOSURE

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An ink jet recording apparatus is structured to perform discharges in the capping status when preliminary discharges are performed in a shot number larger than a predetermined number, and perform discharges in a cap or a preparatory port other than the cap when the preliminary discharges are performed in a shot number less than the predetermined number. With the structure thus arranged, it is made possible to implement the suppression of the mist generation due to the preliminary discharges, and to make the time of recording on a recording medium shorter as well.